

Cockburn Seniors Centre

Timetable
Spring 2021

Monday

Start	Finish	Class	Cost	Notes
8.50am	9.50am	Zumba Gold	\$5.00	
9.30am	10.30am	Be Connected	Free	
9.30am	11.30am	Caring and Sharing Craft Group	Free	
9.30am	11.45am	Paper Craft	\$2.00	Fee payable to the instructor
10am	10.30am	Boogie Bounce	\$7.00	Fee payable to the instructor 13 and 20 September, 4 and 18 October, 1 and 5 and 29 November
10am	midday	Writers Group (fortnightly)	Free	
10am	midday	Carpet Bowls	Free	
2.15pm	4.30pm	Table Tennis	\$2.50	

Tuesday

Start	Finish	Class	Cost	Notes
8.45am	9.30am	Fit for Life Level 1	\$5.00	
9am	3pm	Pool (Billiards)	Free	
9.15am	11.15am	Darts	Free	
9.30am	10.30am	Fit for Life Level 1	\$5.00	
10am	midday	Friendship Group	Free	
10am	midday	Carers Group (last Tuesday)	Free	28 September, 26 October, 30 November
10am	2pm	Scrabble	Free	
10.30am	11.30am	Fit for Life Level 2	\$5.00	
11.30am	12.30pm	Yoga	\$5.00	
12.30pm	1.30pm	Line Dancing Beginners	\$8.00	Fee payable to the instructor
1.30pm	3.30pm	Line Dancing Intermediate	\$8.00	Fee payable to the instructor
1pm	3pm	500 Card Club	Free	

Wednesday

Start	Finish	Class	Cost	Notes
9am	10.30am	Travel Group (3rd Wednesday)	Free	15 September, 20 October, 17 November
9am	11.30am	Art Group	Free	
9.15am	10.15am	Yoga	\$5.00	
10.30am	11.30am	Belly Dancing	\$5.00	
10.30am	noon	Choir	\$5.50	
1pm	2pm	Pilates	\$5.00	
12.30pm	4pm	Bridge or Bolivia (Canasta)	Free	
2pm	4.30pm	Social Dance Group	Free	

Thursday

Start	Finish	Class	Cost	Notes
9am	10am	Zumba Gold	\$5.00	
9am	11.30am	Catan	Free	

Start	Finish	Class	Cost	Notes
9.30am	11.45am	Paper Craft	\$2.00	Fee payable to the instructor
10.15am	11.15am	Meditation	\$5.50	
10.30am	12.30am	iPad Social Group	Free	
11.30am	12.30pm	Tai Chill	\$5.00	
1pm	3pm	Carpet Bowls	Free	
1pm	4pm	Progressive Whist	\$2.00	Fee payable to the instructor

Friday

Start	Finish	Class	Cost	Notes
8.45am	9.15am	Slimmer Friends	\$1.00	Fee payable to the instructor
8.45am	9.30am	Fit for Life Level 1	\$5.00	
9am	11.30am	Art Group	Free	
9am	3pm	Pool (Billiards)	Free	
9.15am	11.15am	Darts	Free	
9.30am	10.30am	Fit for Life Level 1	\$5.00	
9.30am	11.30am	Caring and Sharing Craft Group	Free	
9.30am	midday	Sit and Sew	Free	
10am	midday	Mahjong	Free	
10.30am	11.30am	Fit for Life Level 2	\$5.00	
1pm	3pm	Table Tennis	\$2.50	
1pm	3pm	Quiz (3rd Friday)	Free	10 September, 8 October, 12 November
1pm	4pm	Bingo	\$2.00	17 September, 15 October, 19 November

Class Details

500 Card Club

Free

Tuesday 1pm - 3.30pm

If you love playing cards, this game's for you!

Art Group

Free

Wednesday 9.30 - 11.30am

Friday 9.30 - 11.30am

Work on your own art and enjoy great company

Be Connected (Tablet and Phone)

Mondays 9.30 - 10.30am

Learn everything from how to access the internet, make video calls or set up your devices.

Belly Dancing

\$5.00

Wednesday 10.30 - 11.30am

Enjoy the rhythm and music of belly dance

Bingo

\$2 per book (limited to 3 or 6 books)

Third Friday of the month 1pm - 4pm

Eyes down at 1.15pm.

Boogie Bounce

\$7

Mondays 10am – 10.30am

Low intensity exercise on a mini trampoline

Carers Support Group

Free

Last Tuesday of the month 10am - midday

Meet with other carers and share your stories, successes and challenges.

Caring and Sharing Craft

Free

Monday 9.30 - 11.30am

Friday 9.30 - 11.30am

Bring your own craft and share craft ideas

Carpet Bowls

Free

Monday 10am - midday

Thursday 1pm - 3pm

Bowls is something anyone would enjoy

Catan

Free

Thursday 9am – 11.30am

Enjoy a social game of Catan with fellow members

Choir

\$5.50

Wednesday 10.30 - noon

Join our choir conducted by a qualified singing teacher

Darts

Free

Tuesday and Friday 9.15 - 11.15am

Come along for a social game. Teams allocated on arrival

Fit for Life

\$5.00

Level 1: Tuesday 8.45 - 9.30am and 9.30 - 10.30am

Level 1: Friday 8.45 - 9.30am and 9.30 - 10.30am

Level 2: Tuesday 10.30 - 11.30am

Level 2: Friday 10.30 - 11.30am

Circuit-based exercise class

Friendship Group

Free

Tuesday 10am - midday

Create social connects that last a life time

iPad Social Group

Free

Thursday 11am - 12.30pm

Social group offering support and guidance

Line Dancing

\$8

Beginners Tuesday 12.30 - 1.30pm

Intermediate Tuesday 1.30 - 3.30pm

Dance to contemporary music that gets your coordination going

Mahjong

Free

Friday 10am - midday

Chinese tile game, great for mental agility

Meditation

\$5.50

Thursday 10.15 - 11.15am

Meditation can help you with your physical and mental health

Paper Craft

\$2

Thursday 9.30 - 11.45am

Bring your own card making project or you can join in the lessons

Pilates

\$5.00

Wednesday 1pm - 2pm

Develops your core strength and aids in balance and general wellness

Pool (Billiards)

Free

Tuesday and Friday 9am - 3pm

Come along for a social game

Progressive Whist

\$2

Thursday 1pm - 4pm

Whist is a classic English trick-taking card game

Quiz Group

Free

Second Friday of the month 1pm - 3pm

Join our quiz masters for a bit of general knowledge fun

Scrabble

Free

Tuesday 10am - 2pm

Join in the fun with the traditional game of words

Sit and Sew

Free

Friday 9.30am - midday

Bring your own project and share ideas and tips

Social Dance

Free

Wednesday 2pm - 4.30pm

Have fun and enjoy many styles of ballroom dancing

No partner required

Social Cards

Free

Wednesday 12.30pm - 4pm

Join the Bridge or Bolivia group for a casual game

Table Tennis

\$2.50

Monday 2.15 - 4.30pm

Friday 1.30 - 4pm

Social game which keeps you active

Tai Chill

\$5

Thursday 11.30am – 12.30pm

A Tai Chi based exercise designed for health and fitness

Travel Group

Free

Third Wednesday of the month 9am - 10.30am

Social group that travels together. Open to all members

Slimmer Friends

\$1

Friday 8.45 - 9.15am

Supportive group to assist you to reach your weight goals

Writers Club

Free

Monday (bi-weekly) 10am - 12pm

Enjoy learning how to write out your stories

Yoga

\$5.00

Tuesday 11.30 - 12.30pm

Wednesday 9.15 - 10.15am

Combines physical poses and relaxation. Great for balance, strength and mobility

Zumba Gold

\$5.00

Monday 8.50 - 9.50am

Thursday 9am - 10am

Perfect for active older adults who are looking for a modified Zumba class

If you are experiencing financial hardship please see the Centre Coordinator for a confidential discussion